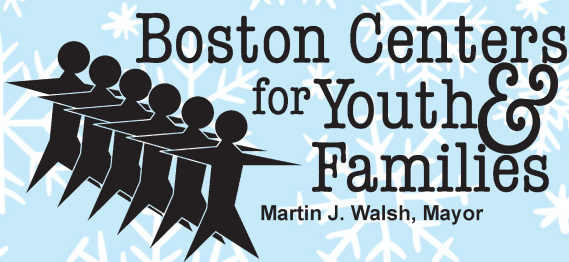


# **BCYF Roche Family Community Center Program Guide 2017**



# Who we are

The West Roxbury Community Centers(WRCC) BCYF Roche Family Community Center is a not-for-profit community based organization for the residents of our community.

Governed by the WRCC Council and in partnership with the Boston Centers for Youth & Families(BCYF), WRCC's continued mission is to reach all residents of its community and provide quality arts, character, education, and sports programs.

In January 2006, the WRCC and Facility Management Corporation reopened the Jim Roche Community Ice Arena, a Massachusetts Department of Conservation and Recreation Skating Rink. The Roche Arena provides high quality, affordable skating programming for all ages and abilities within the community.

## 2017 Schedule

January 4	Registration for City of Boston residents only 5pm-7pm at the back entrance
January 11	Registration begins for non-residents @ 9 am
January 23	Session 1 begins
January 18	Small Wonders Lottery Selection @ 6:30pm for 2017-2018
March 8	St. Patrick's Day Luncheon for Seniors
March 27	Session 2 begins
April 3	WRCC Scholarship Applications Available to all graduating seniors from the West Roxbury/Roslindale area
April 5	Registration for Summer Programs @ 5pm
May 4	Mother's Day Luncheon for Seniors
May 12-13	WRCC Players: The Lion King, Jr at WREC
July 10	WRCC Summer programs begin

## West Roxbury Community Centers Council

West Roxbury Community Centers Council is a not for profit 501(c)3. Our members raise funds for the programs at the site. Interested in joining our board? Join us on the 4th Thursday of each month at 7pm. If you would like additional information call 617-635-5066, We welcome your thoughts.

## WRCC Board Members

Kathy Gallant, President	James McDonough
Ginny Carroll, Vice President	David O'Donnell
Ann Marie Russell, Secretary	Jay Walsh
Mike Lynch, Treasurer	

Any program questions or concerns you can contact us by e-mailing  
[rochecc@cityofboston.gov](mailto:rochecc@cityofboston.gov)

**Membership at WRCC**

**How to become a Member**

To become a member of the West Roxbury Community Center, come to 1716 Centre Street and pay the annual membership fee. Membership is renewable each September. Payment by check, money order or credit. **No cash accepted.**

**Membership Privileges**

This brochure details programs offered for the 2017 Winter/Spring/Summer sessions. Most activities have a small fee. Free activities and privileges are offered for community members of all ages. City of Boston WRCC Members are able to skate during public skating hours @ Roche Arena for free. Must present current membership card for free admission at rink.

<b>Membership</b>	<b>City of Boston Residents</b>	<b>Non-residents</b>
Family	\$40	\$80
Individual	\$25	\$50
Senior (55+)	\$10	\$20
Teen (Grades 6-12)	\$5	\$10

**Registration**

Register for programs at our 1716 Centre Street location during our regular business hours. Registration for our Winter/Spring/Summer 2017 programs begins on Wednesday, January 4th at 5pm for **City of Boston residents ONLY**. Proof of residency may be required at time of registration. Registration for Non-residents will begin on Wednesday, January 11th at 9am. **One registration per family/member on January 4th.** Unless otherwise stated in the program description, WRCC membership is required. Please call 635-5066 with questions on membership or programs. The Center reserves the right to cancel programs due to insufficient registration. **Registration by mail will not be accepted.** Enrollment in Session 1 does not guarantee enrollment in Session 2. Members may register for both sessions at time of registration. Space is limited for all classes.

**Registration Policy**

1. Memberships are non-refundable.
2. There are no refunds given after registration is taken for a program.
3. Credits/transfers will not be issued after the 1st week of Session.
4. If the program you register for is cancelled, or if there is a Center-initiated schedule change, we will refund your full fee.
5. Due to limited space on teen trips, once a registration is accepted by WRCC, no refunds, credits, or transfers/substitutions will be given if a teen does not attend.

**BCYF Roche Family Community Center**

A George Robert White Trust Facility  
**(617) 635-5066 1716 Centre Street rochecc@cityofboston.gov**  
Parking in the rear of the building is limited to marked spaces only. Any vehicles parked illegally in the lot or in the driveway will be towed at the owner's expense. Parking in the middle of the lot is prohibited.

**Hours of Operation**

Monday – Friday 6:30 am – 9:00 pm  
Saturday 9:00 am – 5:00pm

# Jim Roche Community Ice Arena

**(617) 323-9512 1275 VFW Parkway**

Parking available in lot next to the arena

## **Public Skating**

Monday – Friday @ 12noon – 1:50pm

Friday evenings @ 8-9:50pm with DJ

Saturday afternoons @ 2-3:50pm

Sunday afternoons @ 2-3:50pm

\$5.00 admission – all ages / \$4.00 rental skates\*

**WRCC Members are able to skate during public skating hours for free. Must present current membership card for free admission.**

Schedules available at arena, online @ [www.fmcicesports.com](http://www.fmcicesports.com) or call

888-64-RINKS

## **Senior Skate**

Wednesdays @ 11 – 11:50am

Free admission for seniors ages 65 & up

## **2017 Holidays**

BCYF Roche Center will be closed in observance of the following holidays:

New Years Day Jan 1

M.L. King Jr. Birthday Jan 16

Presidents Day Feb 20

Patriots Day April 17

Memorial Day May 29

Independence Day July 4

**Classes scheduled on a holiday or Boston Public School (BPS) snow day will be cancelled for the day and will not be made up. There are no classes during BPS vacation weeks: February 20-24 and April 17-21.**

# Preschool Programs

## **Toddler Time**

**Fee: \$35 per seven week session**

This parent and child class is teacher directed with activities such as tumbling, free play and rhythmic activities appropriate for your toddler's development.

**Session 1 begins the week of January 23, 2017**

Code	Session	Age	Day	Time
TT1	1	Crawling – 3	Wednesday	9:30- 10:15 am
TT2	1	Crawling - 2	Thursday	9:30 –10:15am
TT3	1	Crawling - 2	Tuesday	10:15 – 11 am
TT4	1	Crawling - 2	Wednesday	10:15 – 11 am
TT5	1	Crawling - 2	Thursday	10:15 – 11 am
TT6	1	2- 3	Tuesday	11 – 11:45 am
TT7	1	2- 3	Wednesday	11 – 11:45 am
TT8	1	2- 3	Thursday	11 – 11:45 am

**Session 2 begins the week of March 27, 2017**

Code	Session	Age	Day	Time
TT9	2	Crawling – 3	Wednesday	9:30– 10:15am
TT10	2	Crawling - 2	Thursday	9:30 –10:15am
TT11	2	Crawling - 2	Tuesday	10:15 – 11 am
TT12	2	Crawling - 2	Wednesday	10:15 – 11 am
TT13	2	Crawling - 2	Thursday	10:15 – 11 am
TT14	2	2- 3	Tuesday	11 – 11:45 am
TT15	2	2- 3	Wednesday	11 – 11:45 am
TT16	2	2- 3	Thursday	11 – 11:45 am

## Sticky Fingers

**Fee: \$35 per seven week session**

This parent and child class is teacher directed with activities such as crafts, play doh, sand play, chalk, etc. Come on in and get messy! Due to the popularity of this class, members may only register for 1 class per week. **Limit 12 per class.**

**Session 1 begins the week of January 23, 2017**

Code	Session	Age	Day	Time
SF1	1	18 months – 2.5	Tuesday	9:30 10:15 am
SF2	1	18 months – 2.5	Wednesday	9:30 –10:15 am
SF3	1	18 months - 2.5	Thursday	9:30 –10:15 am
SF4	1	2.5-3.5	Tuesday	10:15 - 11am
SF5	1	2.5-3.5	Wednesday	10:15 - 11am
SF6	1	2.5-3.5	Thursday	10:15 - 11am
SF7	1	2.5-3.5	Tuesday	11 – 11:45 am
SF8	1	2.5-3.5	Wednesday	11 -11:45 am
SF9	1	2.5-3.5	Thursday	11 - 11:45 am

**Session 2 begins the week of March 27, 2017**

Code	Session	Age	Day	Time
SF10	2	18 months – 2.5	Tuesday	9:30 10:15 am
SF11	2	18 months – 2.5	Wednesday	9:30 –10:15 am
SF12	2	18 months – 2.5	Thursday	9:30 –10:15 am
SF13	2	2.5-3.5	Tuesday	10:15 - 11am
SF14	2	2.5-3.5	Wednesday	10:15 - 11am
SF15	2	2.5-3.5	Thursday	10:15 - 11am
SF16	2	2.5-3.5	Tuesday	11 – 11:45 am
SF17	2	2.5-3.5	Wednesday	11 -11:45 am
SF18	2	2.5-3.5	Thursday	11 - 11:45 am

**Instructor: Donna Forgione**

## Sports, Games & More...

**Fee: \$35 per seven week session**

This fun filled class for your preschooler will engage him/her in various activities including organized sports, free play and simple physical activities for motor development/coordination. Participants must be able to separate from parents and follow directions. **Participants must be able to separate from parents and follow instructions. Parent is expected to stay in the building during the class.**

**Limit 12 per class.**

**Session 1 begins the week of January 23, 2017**

Code	Session	Age	Day	Time
SG1	1	3-4	Monday	9:30 -10:15am
SG2	1	3-4	Friday	10:15-11 am

**Session 2 begins the week of March 27, 2017**

Code	Session	Age	Day	Time
SG3	2	3-4	Monday	9:30 -10:15am
SG4	2	3-4	Friday	10:15 - 11 am

**Instructor: Donna Barassi**

## Creative Movement and Dance

**Fee: \$35 per seven week session**

Preschoolers love to move! This class will include interactive songs and dance, movement games and stories, and basic locomotive skills such as skipping, hopping and galloping. No special attire is necessary. **Participants must be able to separate from parents and follow instructions. Parent is expected to stay in the building during the class.**

**Session 1 begins the week of January 23, 2017**

Code	Session	Age	Day	Time
CD1	1	3-5	Monday	10:15-11 am

**Session 2 begins the week of March 27, 2017**

Code	Session	Age	Day	Time
CD2	2	3-5	Monday	10:15-11am

**Instructor: Valerie Maio**

## Small Wonders Early Childhood Program

### Small Wonders Peak Week

Visit the Small Wonders classroom during the week of January 11-13 to see our wonderful program. Come any day that week between 9 am - 10 am to see our nurturing staff and program activities. For more information contact Ellen Levine at 617-635-3479.

### Small Wonders Early Childhood Program **Ages 3 –4 years**

At Small Wonders our experienced Early Childhood educators strive to create an environment in which your child may thrive physically, developmentally and socially. We offer 3 and 4 year old programs.

#### **Lottery Registration: Wednesday, January 18, 2017**

Registration will be done by a lottery selection. To obtain a number you must register between 6 pm and 6:30 pm at the BCYF Roche Center on January 18th. The lottery will take place at 6:30 pm. Parent must bring birth certificate at time of registration. You must be present at the time of the lottery to obtain a slot. One non-refundable/transferable payment is due upon selection to secure slot for the 2017-2018 school year.

Program	Days	Time	Fee
3 year old	Tuesday/Thursday	8:30 am – 12:30 pm	3 payments of \$600
4 year old	Mon/Wed/Fri	8:30 am - 12:30 pm	3 payments of \$750

Child must be 3 years of age by September 1, 2017 to register for the 3 year old program. Parent must bring birth certificate at time of registration.

## Youth Programs

### Pee Wee Basketball

**Fee: \$30 per seven week session**

This class enables participants to practice basic drills and increase their ability through repetition. No games just skill building. **All participants must wear appropriate athletic attire for class. Limit 15 per class.**

#### **Session 1 begins the week of January 23, 2017**

Code	Session	Ages	Day	Time
PWB1	1	5-6	Wednesday	3:30 – 4:15 pm
PWB2	1	5-6	Thursday	4:15-5:00 pm
PWB3	1	7-8	Wednesday	4:15-5:00 pm
PWB4	1	7-8	Thursday	3:30 -4:15pm

#### **Session 2 begins the week of March 27, 2017**

Code	Session	Ages	Day	Time
PWB5	2	5-6	Wednesday	3:30 – 4:15 pm
PWB6	2	5-6	Thursday	4:15-5:00 pm
PWB7	2	7-8	Wednesday	4:15-5:00 pm
PWB8	2	7-8	Thursday	3:30 -4:15pm

#### **Session 3 begins the week of May 30, 2017**

Code	Session	Ages	Day	Time
PWB9	3	5-6	Wednesday	3:30 – 4:15 pm
PWB10	3	5-6	Thursday	4:15-5:00 pm
PWB11	3	7-8	Wednesday	4:15-5:00 pm
PWB12	3	7-8	Thursday	3:30 -4:15pm

### Wide World of Sports

**Fee: \$30 per seven week session**

Participate in a variety of recreational sports including floor hockey, wiffleball, soccer, basketball and more!

#### **Session 1 begins the week of January 23, 2017**

Code	Session	Ages	Day	Time
WW1	1	6-8	Friday	3:30 – 4:15pm
WW2	1	8-10	Friday	4:15 – 5:00 pm



## Session 2 begins the week of March 27, 2017

Code	Session	Ages	Day	Time
WW3	2	6-8	Friday	3:30 – 4:15pm
WW4	2	8-10	Friday	4:15 – 5:00 pm

## Session 3 begins the week of May 30, 2017

Code	Session	Ages	Day	Time
WW5	3	6-8	Friday	3:30 – 4:15pm
WW6	3	8-10	Friday	4:15 – 5:00 pm

## Youth Karate

### Fee: \$45 per seven week session

This entry level Karate class is an excellent tool for your child to build self-confidence, learn discipline, and improve coordination in a safe fun-filled environment. **Limit 15 per class.**

## Session 1 begins the week of January 23, 2017

Code	Session	Ages	Day	Time
YK1	1	4-8	Monday	5:30 -6:15 pm
YK2	1	4-8	Wednesday	5:15 -6 pm

## Session 2 begins the week of March 27, 2017

Code	Session	Ages	Day	Time
YK3	2	4-8	Monday	5:30 – 6:15 pm
YK4	2	4-8	Wednesday	5:15 – 6 pm

**Instructor: Ari Cassarino**

## WRCC Art Workshop

### Fee: \$60 per seven week session

"Mrs. C", our art teacher from summer camp, teaches a series of exciting classes that explore unusual techniques using unique materials. Each week young artists will create a new project. Students will use clay, create sculptures, paint and create collages. Each artist's creativity will be encouraged and celebrated!

## Session begins the week of January 23, 2017

Code	Session	Ages	Day	Time
CRAFT	11	5-6	Tuesday	3:45-4:30pm
CRAFT	21	7-12	Tuesday	4:45-5:30 pm

**Instructor: Joanne Clamage**

## Girlvana Jr

**Ages 8-10 years**

### Fee: \$45 per seven week session

Girlvana Jr Yoga is an initiative to get girls practicing yoga and meditation. Over the course of 7 weeks, girls will be immersed in yoga and mindfulness practices, coupled with self-discovery, journaling, crafts, mentorship and so much more. Open to girls 8-10. No yoga experience necessary. Please bring your own mat.

## Session 1 begins the week of January 23, 2017

Code	Session	Ages	Day	Time
JRY1	1	8-10	Tuesday	4:45 -5:45 pm

## Session 2 begins the week of March 27, 2017

Code	Session	Ages	Day	Time
JRY2	2	8-10	Tuesday	4:45 – 5:45 pm

**Instructor: Kate Buckley**

## Guitar Workshop

### Fee: \$30

Are you stuck in a rut playing three cords? Are you tired of strumming the same rhythm every time you pick up the guitar? Improve your guitar playing with this two hour class. You'll learn the 35 most commonly used chords in open position, chord switching exercises to help you make smooth transitions and strumming patterns with ties and rests to space up your rhythm playing.

Requirements: 1 to 2 years of guitar experience. Bring your acoustic or electric guitar (please tune ahead of time).

## Wednesday, February 1 6:30 – 8:30 pm

Code	Session	Ages	Day	Time
GUITAR	1	10 & up	Wednesday	6:30 – 8:30 pm

**Instructor: Chris Carter**

## Pee Wee Drama

**Fee: \$35 per seven week session**

In this lively 45 minute class the younger set will put their dramatic talents to work. We'll act out old and new stories and make up a few of our own! Classes will encourage listening, control, cooperation, and using the imagination. But most of all it's FUN!!

**Session 1 begins the week of January 23, 2017**

Code	Session	Ages	Day	Time
PWD1	1	4-6	Friday	3:30-4:15pm
PWD2	1	6-8	Friday	4:15-5:00pm

**Session 2 begins the week of March 27, 2017**

Code	Session	Ages	Day	Time
PWD3	2	4-6	Friday	3:30-4:15pm
PWD4	2	6-8	Friday	4:15-5:00pm

**Instructor: Bill Jacob**

**\*Children ages 4 - 7 who wish to participate in the play in the spring must either have been in the play before or have taken a Pee Wee Drama class within the last two years.**

## Act it Out!

**Fee: \$35 per seven week session**

Explore the creative process through movement activities, improvisation and dramatization. Develop self-expression and communication skills.

**Session 1 begins the week of January 23, 2017**

Code	Session	Ages	Day	Time
AO1	1	9 & up	Friday	5:00 -5:45pm

**Session 2 begins the week of March 27, 2017**

Code	Session	Ages	Day	Time
AO2	2	9 & up	Friday	5:00 -5:45pm

**Instructor: Bill Jacob**

## WRCC PLAYERS 2017 Production "The Lion King Jr."

### WRCC Players

**Ages 8 and up**

**Fee: \$80**

Be a part of our theatre ensemble. This year's production is a shortened version of the Disney classic "The Lion King, Jr". Upon registering, **you must** make an **audition appointment**.

**Auditions** will be held on Thursday, January 26th and Friday, January 27th from 6pm-8pm at the Roche Center. You will be asked to sing a short selection from the play that we will teach you. If you are needed for Call Backs you will be notified that weekend.

**Call Backs** will be held at the Roche Center on the following Saturday, February 4th from 3:30 -6:00 pm.

**Read through:** Saturday, Feb 11th at the Roche Center 3:30 - 6pm

**Rehearsals:** Mondays & Wednesdays 5:00 pm-7:30 pm / Some Saturdays 10am-2pm. All rehearsals are held at the West Roxbury Educational Complex Auditorium. A full schedule of rehearsals will be available at auditions.

**Performances:** There will be two performances: Friday, May 12 @ 7 pm and Saturday, May 13 @ 2 pm.

### Pee Wee Players

**Ages 4 – 7 years**

**Fee: \$80**

Here's a chance for younger performers to experience being in a real play. They will participate in small chorus and walk on roles in the WRCC Players production of "The Lion King, Jr"

**PLEASE NOTE:** Children ages 4 - 7 who wish to participate in the Pee Wee Players in the spring must either have been in WRCC productions before or have taken a Pee Wee Drama class within the last two years.



**Audition:** Friday, January 27th 5:45 pm at the Roche Center. New parents should attend for information and hand-outs. The children will meet briefly as a group with the director,

**Rehearsals:** Wednesdays 5pm-7:30 pm / Some Saturdays 12pm-2pm. All rehearsals are held at the West Roxbury Educational Complex Auditorium. A full schedule of rehearsals will be available at auditions.

**Performances:** There will be two performances: Friday, May 12 @ 7 pm and Saturday, May 13 @ 2 pm.

**WRCC Summer Programs**

Registration for the WRCC summer programs will take place on Wednesday, April 5th at 5pm. Non-refundable payment must be paid at time of registration for all weeks registered for. **This camp must comply with regulations of the Massachusetts Department of Public Health and be licensed by the local board of health.**

**Summer Fun Camp at BCYF Roche Center      Ages 3 – 5 years**  
Camp begins July 10th and ends on August 18th  
Monday through Friday 8:30 am – 1:00 pm  
Fee: \$150 per week per child  
Breakfast and lunch provided  
Must be 3 years old by July 11, 2017

Program Code	Week of	Fee*
SUMF1	Week of July 10	\$150
SUMF2	Week of July 17	\$150
SUMF3	Week of July 24	\$150
SUMF4	Week of July 31	\$150
SUMF5	Week of August 7	\$150
SUMF6	Week of August 14	\$150

**Camp WRCC at BCYF Roche Center      Ages 6 –11 years**  
Camp begins the week of July 10th and ends on August 18th  
Monday through Friday 8:30 am – 3:00 pm  
Fee: \$175 per week per child  
Breakfast and lunch provided  
Must be 6 years old by July 11, 2017

Program Code	Week of	Fee*
CWRCC1	Week of July 10	\$175
CWRCC2	Week of July 17	\$175
CWRCC3	Week of July 24	\$175
CWRCC4	Week of July 31	\$175
CWRCC5	Week of August 7	\$175
CWRCC6	Week of August 14	\$175

**\*Summer Camp prices are subject to change prior to registration**

**Teen Center on Centre (T.C.O.C.) Program      Grades 6 – up**

**WRCC's Teen Center on Centre(T.C.O.C.) is for youth in Grades 6 - up. Our Youth Workers are eager to meet and work with the teens of the Parkway area. Included in the yearly membership fee is access to our drop-in center where teens can use the computers and do some homework. If you have any questions or suggestions for programming, they are welcomed. Please feel free to contact our Youth Worker: Jenny at jenny.saetang@boston.gov**

**Teen Center Drop In**  
Monday –Thursday      2:30-6pm  
Friday      Times may vary due to trips/special events  
This is a chance for the teens to come together with friends, and have the opportunity to make new friends in a relaxed environment. Get a jump on your homework or simply come down and hang out. **Membership is all you need to take part in this program.** **8**

## Field Trips and Half Day Program

Please keep an eye on the West Roxbury Bulletin and Teen Center Info Board for all upcoming trips and programs. If interested you may also add your name to our email updates by emailing [jenny.saetang@boston.gov](mailto:jenny.saetang@boston.gov). Pre-registration is required as space is limited. The price may change depending on enrollment. Participants must be at the Roche Center ½ hour before the scheduled time. Ask to be put on our email list for updates!! Due to the limited number of slots for teen trips, once registration is accepted by WRCC no refunds, credits, or transfers/substitutions will be given if a teen does not attend. Must fill out permission slips for all trips.

## 6th Grade Nights

**Fee: \$5 per youth**

Join us one Friday a month for a night just for 6th graders! Enjoy some fun in the gym with your friends...maybe beat the staff in a game of castleball or dodgeball!!! Let's have some fun of our own!! Pizza and drinks included. Don't miss out, register early, space is limited.

Pre-registration required for pizza order.

Code	Date	Grade	Cost
6GNFEB	2/3	6	\$5
6GNMAR	3/3	6	\$5
6GNAPR	4/7	6	\$5
6GNMAY	5/5	6	\$5
6GNJUNE	6/2	6	\$5

## Bring a 5th Grader

Our current 6th graders are invited to bring a 5th grader to the TCOC to show them the ropes. Enjoy light refreshments and meet the TCOC team.

Tuesday, June 6th 2:30 – 4 pm

## Girlvana

**Ages 11-15 years**

**Fee: \$45 per seven week session**

Girlvana Yoga is an initiative to get teen girls practicing yoga and meditation. Over the course of 7 weeks, girls will be immersed in yoga and mindfulness practices, coupled with self-discovery, journaling, crafts, mentorship and so much more. Open to girls 11-15 years old.

No yoga experience necessary. Please bring your own mat.

**Session 1 begins the week of January 23, 2017**

Code	Session	Ages	Day	Time
TY1	1	11-15	Thursday	5:00-6:00pm

**Session 2 begins the week of March 27, 2017**

Code	Session	Ages	Day	Time
TY2	2	11-15	Thursday	5:00-6:00pm

**Instructor: Kate Buckley**

## February & April Vacation Week Activities

February 20th-24th/ April 17th- 21st

Email Jenny to get on the email list of what the trips will be!

## T.C.O.C. Summer Clinic

**Ages 12-14**

Join your friends for this exciting program geared to the adolescent. Program will be field trip based. We will travel throughout the city and beyond. Two-week sessions begin July 10th. Monday – Friday 9 am to 4pm\*. \*Some trips end later in the day.

Program Code	Week of	Fee*
CLC1	Two-week session to begin July 10	\$350
CLC2	Two-week session to begin July 24	\$350
CLC3	Two-week session to begin August 7	\$350

\*Summer program prices are subject to change prior to registration

## Girls Nights at BCYF Roche Center

Join us for girls only time at Roche Center. Email Jenny @ [jenny.saetang@boston.gov](mailto:jenny.saetang@boston.gov) to get on the email list for special girls only events.

Paint Night 2/3/16 Fee: \$35

## Boys Nights at BCYF Roche Center

Join us for boys only time at Roche Center. Email Jenny @ [jenny.saetang@boston.gov](mailto:jenny.saetang@boston.gov) to get on the email list for special boys only events

## Adult Programs

### Sunrise Kripalu Yoga

**Fee: \$60 per seven week session**

Classes begin with warm up movements and breath awareness to prepare you for yoga postures. The heart of each class is a sequence of postures combined with mindful breathwork that stretch, strengthen and balance your body. Each class ends with deep relaxation through body scanning and meditation.

**Session 1 begins the week of January 23, 2017**

Code	Session	Ages	Day	Time
SUNY1	1	Adult	Tuesday	6:30 – 7:45 am

**Session 2 begins the week of March 27, 2017**

Code	Session	Ages	Day	Time
SUNY2	2	Adult	Tuesday	6:30 – 7:45 am

**Instructor: Lisa Connor**

### Sunrise All-Levels Vinyasa Flow Yoga

**Fee: \$60 per seven week session**

This flow-based class unites movement and form. Designed for new and experienced students alike, we practice together in a non-competitive environment. Classes are vigorous, yet accessible, offering a dynamic movement with integrated deep, long holds. This style of yoga builds core power, stretches, strengthens and cleanses the body.

**Session 1 begins the week of January 23, 2017**

Code	Session	Ages	Day	Time
SUNY3	1	Adult	Wednesday	6:30 – 7:45 am

**Session 2 begins the week of March 27, 2017**

Code	Session	Ages	Day	Time
SUNY4	2	Adult	Wednesday	6:30 – 7:45 am

**Instructor: Kate Buckley**

### Vinyasa Flow Yoga

**Fee: \$60 per seven week session**

A flow style of yoga that emphasizes linking the breath and movement. In this class students coordinate movement with breath as they go through a dynamic sequence of poses that awaken energy while creating mental focus, strength and stamina. Leave feeling refreshed and focused.

**Session 1 begins the week of January 23, 2017**

Code	Session	Ages	Day	Time
VY1	1	Adult	Thursday	7 – 8:15 am

**Session 2 begins the week of March 27, 2017**

Code	Session	Ages	Day	Time
VY2	2	Adult	Thursday	7 – 8:15 am

**Instructor: Ines Hudson**

## Morning Yoga

### Fee: \$60 per seven week session

Beginning Hatha Yoga. Learn deep breathing techniques to enhance flexibility and help in relaxation. Basic standing postures taught to develop strength, balance and coordination. Floor work and a short meditation session will complete this morning session.

#### Session 1 begins the week of January 23, 2017

Code	Session	Ages	Day	Time
MY1	1	Adult	Thursday	9:00-10:15am

#### Session 2 begins the week of March 27, 2017

Code	Session	Ages	Day	Time
MY2	2	Adult	Thursday	9:00-10:15am

Instructor: JoAnn Arone

## Yoga for Peace and Vitality

### Fee: \$60 per seven week session

In this class we will restore the body by awakening energy and vitality while reducing tension and stress. Sequences emphasize stamina, balance, flexibility, breathwork and mindfulness. Leave feeling physically revitalized and mentally rejuvenated and peaceful.

#### Session 1 begins the week of January 23, 2017

Code	Session	Ages	Day	Time
YOGA1	1	Adult	Monday	6:30-7:45pm
YOGA2	1	Adult	Wednesday	6:00-7:15pm

#### Session 2 begins the week of March 27, 2017

Code	Session	Ages	Day	Time
YOGA3	2	Adult	Monday	6:30-7:45pm
YOGA4	2	Adult	Wednesday	6:00-7:15pm

Instructor: Ines Hudson

## Yoga for Beginners

### Fee: \$60 per seven week session

Experience the many benefits this practice has to offer. Learn the fundamentals of breathwork, movement and alignment that are the foundation of asana practice. Class ends with deep relaxation.

#### Session 1 begins the week of January 23, 2017

Code	Session	Ages	Day	Time
YB1	1	Adult	Tuesday	6 - 7:15 pm

#### Session 2 begins the week of March 27, 2017

Code	Session	Ages	Day	Time
YB2	2	Adult	Tuesday	6 - 7:15 pm

Instructor: Ines Hudson

## Meditative Yoga

### Fee: \$60 per seven week session

A style of yoga that combines asana with breathwork and mindfulness. This approach of integrating body, mind and breath recharges the energy system of the body and naturally draws the mind inward to a state of calm, focused attention. A class for those who may want to delve into the subtleties of a quieter, gentler practice.

#### Session 1 begins the week of January 23, 2017

Code	Session	Ages	Day	Time
MEDY1	1	Adult	Friday	1:00-2:15 pm

#### Session 2 begins the week of March 27, 2017

Code	Session	Ages	Day	Time
MEDY2	2	Adult	Friday	1:00-2:15 pm

Instructor: Ines Hudson

## Zumba

### Tuition: \$60 per seven week session

Zumba is a high-impact dance fitness class. It fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away.

**Session 1 begins the week of January 23, 2017**

Code	Session	Ages	Day	Time
ZUM1	1	Adult	Wednesday	7:30-8:30pm

**Session 2 begins the week of March 27, 2017**

Code	Session	Ages	Day	Time
ZUM2	1	Adult	Wednesday	7:30-8:30pm

**Instructor: Kelly Mahar**

## Knitting for Adults

**Fee: \$50 per seven week session**

Come learn how to knit and purl for beginners

**Session 1 begins the week of January 23, 2017**

Code	Session	Ages	Day	Time
KN1	1	Adult	Tuesday	6:30-8:30pm

**Session 2 begins the week of March 27, 2017**

Code	Session	Ages	Day	Time
KN2	2	Adult	Tuesday	6:30-8:30pm

**Instructor: Jean Shaw**

## Meditation for Beginners

**Fee: \$60 per session**

A class geared to introducing newcomers to the practice of meditation.

Participants will learn how to: interiorize and focus the mind, increase energy and vitality, use breathing techniques to improve concentration, and utilize the power of the mind for optimal well-being. Leave feeling clear, calm and energized.

**Session 1 begins the week of January 23, 2017**

Code	Session	Ages	Day	Time
MED1	1	Adult	Friday	11:30 am – 12:30 pm

**Session 2 begins the week of March 27, 2017**

Code	Session	Ages	Day	Time
MED2	2	Adult	Friday	11:30 am – 12:30 pm

**Instructor: Ines Hudson**

## Bridge Group

Join us for a great game of bridge with new or old friends!

Wednesdays 10:30am

## Senior Programs

### Line Dancing for Seniors

Enjoy your next party or wedding to the fullest. Join us in the dance studio for line dancing instruction that includes oldies, Hully Gully, the Greek Dance, Amos Moses, Watermelon Crawl, Achy Breaky, Boot Scootin' Boogie and many more! Wear comfortable clothing and sneakers.

**Every Monday 11:15-12:15pm.**

Registration not required.

**Instructor: Nancy DiDuca**

### Yoga for Seniors

**Fee: \$35 per seven week session**

Chair Exercise program for men and women incorporating stretching, breathing, strengthening exercises, and relaxation techniques.

Wear comfortable clothing. Students must pre-register for each session.

**Session 1 begins the week of January 23, 2017**

Code	Session	Ages	Days	Time
SY1	1	Senior	Tuesday	10:30-11:30am
SY2	1	Senior	Wednesday	1:00 – 2:00 pm
SY3	1	Senior	Thursday	10:30-11:30am

## Session 2 begins the week of March 27, 2017

Code	Session	Ages	Days	Time
SY4	2	Senior	Tuesday	10:30-11:30am
SY5	2	Senior	Wednesday	1:00 – 2:00 pm
SY6	2	Senior	Thursday	10:30-11:30am

**Instructor: Joann Arone**

## Senior Book Club

Join us on the 2nd Thursday of the month at 11:30 am. The club will meet the 2nd Thursday of the month through June. January's book: **And the Mountains Echoed** by Khaled Hosseini.

For more information on book selections call the front desk at 617-635-5066.

## Pickleball @ BCYF Roche Center

**Wednesdays 1- 3 pm**

Join us for a pick up Pickleball game at the BCYF Roche Center gym.

Pickleball is a fun game that is played on a badminton court with the net lowered to 34 inches at the center. It is played with a perforated plastic baseball (similar to a whiffle ball) and wood paddles. It is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players. We have all the equipment just come by and give it a try!! Must be member of BCYF Roche Center.

## A Matter of Balance Workshop for Seniors

**Fee: Free 8 week session beginning on January 23, 2017**

Code	Session	Ages	Day	Time
BAL	1	Senior	Monday	11 am - 12:30 pm

Many older adults experience a fear of falling. People who develop this fear often limit their activities, which can result in physical weakness, making the risk of falling even greater. A Matter of Balance: Managing Concerns About Falls is an 8 week long program designed to reduce the fear of falling and increase activity levels among older adults. Beth Bryant, MPH, the Injury Prevention Coordinator at Brigham and Women's Hospital will work with you to make changes to reduce your risk of falls and increase physical activity and exercise.

## Café on Centre

**A sense of community and friendship is vital to living a fulfilled, healthy life; and so is a hot meal. Ethos invites those aged 60 and over to come dine with friends, old and new at the BCYF Roche Family Community Center Cafe every Friday from 10:30 am - 2:30 pm. A donation of \$2.00 per meal is suggested, but not required. For a reservation and more information, call Ethos at 617-522-6700.**

## WRCC Special Wednesday Luncheons\*

**Fee: \$5**

Lunch will be served at noon. Participants must register in person at the BCYF Roche Center. Space is limited.

St. Patrick's Day Luncheon    March 8th

Mother's Day Luncheon       May 3rd

**\*Must be current member of WRCC to register for Special Wednesday Luncheons.**

## Foxwoods Trips

Bus departs from the BCYF Roche Community Center promptly at 7:45am and returns around 5:45 pm. You do not have to be a member to join us on the Foxwood Trips.

**Fee: \$25**

Code	Date
Fox 1	April 3
Fox 2	June 5



# BCYF Roche Center Agreement/Waiver

This application is factual and complete to the best of my ability.

I hereby waive and release any and all rights, causes of action, and claims for damages I may have against the City of Boston, Boston Centers for Youth & Families, and any and all other associated individuals or organizations, for any and all personal injuries or property damage resulting from my participation in Boston Center for Youth & Families Programs.

I, the undersigned parent or guardian of \_\_\_\_\_, a minor, hereby consent to his/her Boston Center for Youth & Families membership and waive and release any and all rights, causes of action and claims for damages I may have against the City of Boston, Boston Centers for Youth & Families, and any and all other associated individuals or organizations, arising out of any and all personal injuries or property damage which I may now or hereafter have as the parent or guardian of said minor(s), and also all rights, causes of action, and claims which said minor has or may acquire resulting from his/her participation in the program.

I give consent to me/my child(ren) to be administered first aid and to be treated by an emergency medical technician-paramedic, nurse or physician. Any follow up medical attention may be given at a local hospital and transportation to a Boston hospital is authorized. I give my consent for photographs, audiotapes and video records of me/my child(ren) to be used by Boston Centers for Youth & Families for publicity purposes. I also agree to allow Boston Centers for Youth & Families to use photographs, audiotapes, video records or other work produced by the member for publicity purposes.

I understand that once I register for a program there are no refunds given. Credits/transfers will be granted during the first week of the session. Due to limited space on teen trips once a registration is accepted by WRCC no refunds, credits or transfers/substitutions will be given if a teen does not attend.

I understand that transportation is not provided and it is my responsibility to arrange transportation to and from Boston Center for Youth & Families Community Centers.

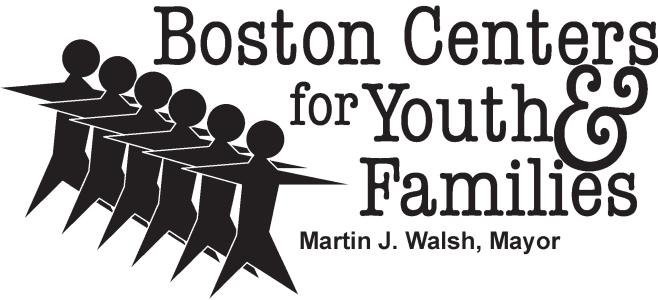
Failure to comply with these rules and expectations can lead to termination of membership.

---

Signature of Member or Parent/ Guardian if under 18 yrs old

Date

# BCYF Roche Center Program Registration Form



The mission of Boston Centers for Youth & Families is to enhance the quality of life for Boston residents by partnering with community center councils, agencies, and businesses to support children, youth, individuals and families through a wide range of comprehensive programs and services according to neighborhood needs.

Please fill out form completely. Membership renewable each September. Please notify WRCC of any changes in address, email or phone number. Checks/Money Order or Credit Card accepted.

**Please make check/money order payable to WRCC.**

**Member Name:** \_\_\_\_\_

**Phone Number:** \_\_\_\_\_ **Email:** \_\_\_\_\_

**Membership** *(please check one):*

- ☐ New Member      ☐ Renew Membership      ☐ Other BCYF Site  
NAME: \_\_\_\_\_

**City of Boston Resident**

- ☐ Family \$40  
☐ Individual \$25  
☐ Senior (55+) \$10  
☐ Student (Grade 6-12) \$5

**Out of City**

- ☐ Family \$80  
☐ Individual \$50  
☐ Senior (55+) \$20  
☐ Student (Grade 6-12) \$10

<u>Member Name</u>	<u>Program Code</u>	<u>Amount Due</u>
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

**Total Due:** \_\_\_\_\_

For Office Use Only: Payment Method:		
Check # _____	Credit Card	WRCC Credit